

November

2007



BDHSSA

Susie Husky Health Centre Newsletter

Aklavik Helicobacter Pylori Study—Special Edition

Breaking news—read all about it—you saw it here first

Why are we bothered about H Pylori?

On behalf of the Health Committee I would like to let you know some exciting news about H Pylori. As many of you know a study has been in the planning stages for the last year. Now finally we are ready to start -

As we in Aklavik know, there has been much concern about the high number of people who have suffered with stomach cancer in the past. We do not want this to keep happening. It is known that if a person lives with H Pylori infection for a long time, it is more likely that that person could develop stomach cancer. It is not the only risk factor for stomach cancer. There have been attempts in the past to do studies in Aklavik to find out more about H Pylori.

ARE YOU INTERESTED?
Read on.

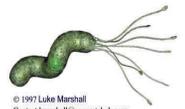
GETTING MORE CURIOUS? - WELL TURN OVER THE PAGE AND READ SOME MORE!



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PHOTO ID requirement:

Please be advised Transport Canada has issued a notice for all person over 12 years or older you must have;

1. one piece of valid photo ID issued by the Federal Gov't or your province or territory that has your name, date of birth & gender **OR**
2. Two pieces of valid ID (birth certificate, Canadian Citizen card, Status card, Driver's license, Health care card or SIN card)

All patients & escorts traveling for medical reasons on any major airline require an ID card.

Medical Travel will NOT book anyone WITHOUT the proper ID cards available.

Please note you can apply for your photo ID at the hamlet office. Any questions call Faye Gordon @ 978 2351 or 2361.



What is Helicobacter pylori (H Pylori)?

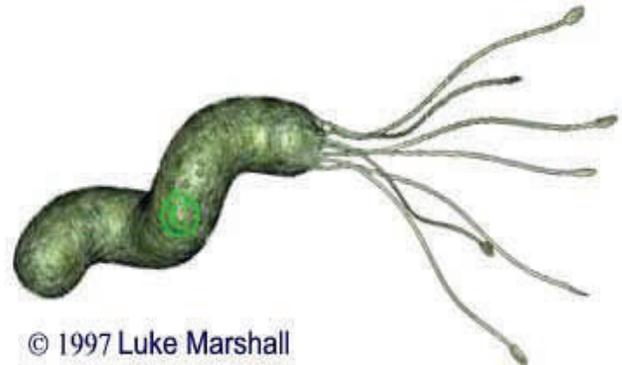
H Pylori is a corkscrew shaped bacterium which lives in the stomach lining. It was only discovered in 1982-3, by two Australian doctors. Since then it has become a hot topic in many countries and in fact the incidence of H Pylori infection is going down in developed countries. There are many things we do not know about H Pylori. We do not know how it is passed and we don't even know where it lives apart from in stomachs. Each animal has their own type of H Pylori, although mostly you don't catch it from your dog or cat. We think it may be passed in the same way that many bugs are passed. This is called the "fecal-oral" route. This is when bugs are passed between people by doing things like not washing hands properly or normal close contact - for example, a mother kissing a child. We know that many people are infected with H Pylori - but just because you are infected doesn't mean that you always get sick with it. Most people who are "sick" with H Pylori complain of pain in the middle of their stomach area, and perhaps some symptom of indigestion. We don't know why some people get sick with H Pylori infection and some don't. There are many questions that still need to be answered.

How do we diagnose H Pylori?

The easiest way to diagnose H Pylori infection is by using the Urea Breath Test (UBT). H Pylori gives off a substance when it is in your stomach, which it is possible to detect using this test. It is a very simple test. You have to be fasting for 4 hours - no water, no smoking, nothing in your mouth at all for 4 hours, then you breathe into one test tube. You have a drink of a substance and then after 30 minutes breathe into another test tube and that it is it. When the second tube is analyzed it can tell if you have H Pylori in your stomach as that breath will be different from the first breath, because of the drink you drink and the action of H Pylori in your stomach.

How do we treat H Pylori?

Many people in Aklavik are familiar with the treatment which consists of taking two different antibiotics and an antacid pill. We check first to make sure that you are not allergic to any antibiotics. Unfortunately even when you have been treated you can be re-infected with H Pylori and get symptoms all over again. Part of the study will try to determine if the standard treatments are effective when we prescribe them in Aklavik.



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What will this study do?

The study is designed in different phases. Phase 1 will start just as soon as we can get the right amount of people to help in Aklavik. Please read the advertisement included in this edition and if you are interested in a paid job or would be willing to give a few hours of your time please let Glen Gordon or Rachel Munday know as soon as possible.

Phase 1 includes collecting information from people and having each person do a Urea Breath Test. **Phase 2** which is planned to take place in 4-8 February 2008, will involve several doctors coming to Aklavik and doing a gastroscopy (scope into your stomach) on as many people as will allow this. The study team will be using very thin, flexible scopes which can be passed into your stomach without needing to make you sleepy. You just need a numbing spray at the back of the nose and throat.



Aklavik Helicobacter Pylori Study (continued)

This is a very special research study. It is special because the people of Aklavik have asked for it. It is special because the people of Aklavik, through the Health Committee, have been involved in planning the study. It is special because so many local agencies, in Aklavik and the NWT as well as national agencies are involved in funding the study. It is special because it will show to many health care professionals how it is possible for people to have a say locally in their own health care and what is important to them. We will give out more information as it becomes available.

Next steps:

People of Aklavik—we need your help if this study is to be successful.

Please respond to the co-ordinator and clinical assistant/interviewer advertisements as soon as possible, so we can get started.

Please listen to the radio for announcements and information regarding this study.

Please bring yourselves forward for the study. You may always stop at any time if you don't like the idea of what is being asked of you. The more people join in, the more meaningful the study results will be.

Karen Goodman, an epidemiologist from Edmonton is coordinating this study from the University of Alberta. She will be coming to Aklavik during November to hire on the Aklavik co-ordinator, interviewers and clinical assistants. She will give them training. Karen will go on the radio several times while she is here and we will announce the actual dates so that if you have a specific question you can ask her directly.

Everyone is very keen for this study to succeed for many reasons:

- we want to see if we can find answers to the problem of H Pylori infection in Aklavik

- some of these answers may help people in other communities

- a lot of time and effort has already been spent on this study, we do not want it to stop here.

Finally, a word of warning - research is a very good way to try to find answers, but we must always be truthful in what research can and can't tell us. It is possible that we may confirm only those things that we already know. We hope that we will find more useful information, but we will not know this until the end of the study. It takes quite a while to get results so people of Aklavik will need to be patient - the results will be brought back to Aklavik and shared with everyone, when they are ready.



Well done everyone. At the time of writing (30 October) we have given exactly 300 influenza shots. We have about 110 doses left, so if anyone wants a flu shot please come and ask at the health centre. We will be going



We're on the Web!
<http://www.hlthss.gov.nt.ca>

TELE- CARE NWT

NOT FEELING WELL AND
 DON'T KNOW WHAT TO DO,

CALL TELE- CARE NWT-

1-888-255-1010 or

(1-888-255-8211 TDD/ TTY)

IF YOU WANT TO ASK
 A NURSE FOR ADVICE.



SUSIE HUSKY HEALTH CENTRE WEEKLY SCHEDULE

Monday-Friday mornings: **Sick Clinic: 9:00AM- 12Noon**

Afternoons: 1-4 PM	Monday	Well Woman/ Well Man
	Tuesday	Chronic Disorders
	Wednesday	Prenatal & Well Child
	Thursday	Chronic Disorders
	Friday	Closed for Administration
	Saturday	Closed (Emergencies Only)
	Sunday	Closed (Emergencies Only)

IMPORTANT!!!

*Always bring all your medications with you
 to your Nurse or Doctor's appointments.*

NOTICE

Please note the health centre staff are in morning meetings from 8:30- 9:00 PLEASE CALL AFTER 9:00 AM for appointments. If you missed your appointment please call 978 2516 to set another appointment.

Please remember that sick clinic is in the morning.

If you are sick you should come in the morning, so that you do not pass your illness to the well people who come

Health Committee

The members of the Health Committee are as follows:

Glen Gordon (Acting Chairperson)

Bob Buckle (leave of absence)

Annie Buckle

Andrew Gordon Sr

Jerome Gordon

Gladys Edwards CHR and Rachel Munday NIC are not actual members of the Health Committee but attend most meetings to discuss issues as they arise with the committee members.

If you want to know more about the committee please speak to one of the members.

REMINDER

A FRIENDLY REMINDER

PLEASE CALL REXALL PHARMACY'S

TOLL- FREE NUMBER **1-866- 239- 1110**

FOR A REFILL ON YOUR MEDICATIONS TWO (2) WEEKS BEFORE YOU RUN OUT.

IF THE PHARMACY TELLS YOU YOUR PRESCRIPTION HAS RUN OUT PLEASE CALL THE HEALTH CENTRE.



Rabies shots are recommended annually. Diane and Rachel will continue to give shots to all dogs in the community. We have had a busy month in October, so have not managed to finish this yet, but we aim to do this as soon as possible. We will go door to door again looking for every dog in town. If we miss your dog please let Glen Gordon or Diane Joe know.